KALINCO®

Smart Watch
User Manual

Model Number: P22


◆ Appearance Introduction

Full Touch Screen
(Use the touchscreen to react to what is displayed.)

Side Button
(Press and hold the side button for three seconds to power on/off.)

Charging contacts

Green light sensor

◆ How to Charge

Please carefully follow the instructions below.

1. Insert the USB plug of the charging cable into the USB port on your computer or a USB wall charger.
2. Hold the other end of the charging cable near the port on the back of the watch until it attaches magnetically.
3. Make sure the pins on the charging cable lock securely with the port. The connection is secure when the watch vibrates and the charged battery icon appears on the screen.
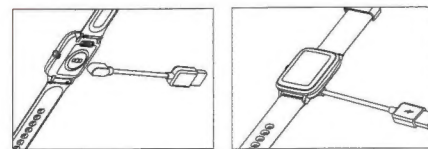
01

◆ How to Connect

The compatible App is HeroBand III. You can directly scan the following QR code to download the App with your phone. For iPhone, you can also search for HeroBand III in the App Store. You can connect the watch with phone in the App to get better use. (Tip: Don't connect the watch via Bluetooth directly. Please bind the watch with App.)

Smart Phone System Requirements

iOS 9.0 & higher   Android 4.4 & higher   Bluetooth 4.0 & above

Open the App to set personal information

↓

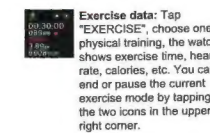Switch to the [device] page and click [bind device]

↓

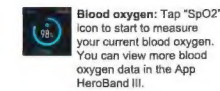Click on [P22] in the list of devices scanned

↓

Bind completed

02

Note: When the phone is connected to the watch, it needs to keep the Bluetooth of the phone on. Make sure there is no other matching device in the Bluetooth of the phone. Don't connect to your mobile phone directly via Bluetooth.
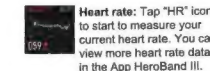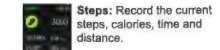
◆ Functions Introduction

Exercise data: Tap "EXERCISE", choose one physical training, the watch shows exercise time, heart rate, calories, etc. You can end or pause the current exercise mode by tapping the two icons in the upper right corner.
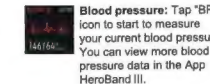
Heart rate: Tap "HR" icon to start to measure your current heart rate. You can view more heart rate data in the App HeroBand III.

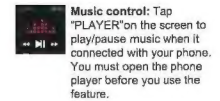**Blood pressure:** Tap "BP" icon to start to measure your current blood pressure. You can view more blood pressure data in the App HeroBand III.

Blood oxygen: Tap "SpO2" icon to start to measure your current blood oxygen. You can view more blood oxygen data in the App HeroBand III.

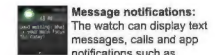**Steps:** Record the current steps, calories, time and distance.

Sleep data: Wear the watch to fall asleep, then P22 Watch will track your sleep. After waking up, tap the "SLEEP" icon to know how long you slept and check your sleep trends for the past 7 days in the App HeroBand III.
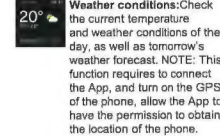
03
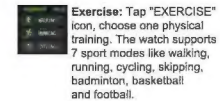
Exercise: Tap "EXERCISE" icon, choose one physical training. The watch supports 7 sport modes like walking, running, cycling, skipping, badminton, basketball and football.
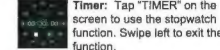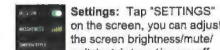
Message notifications: The watch can display text messages, calls and app notifications such as Facebook, WhatsApp, Twitter, etc. NOTE: This function requires to connect the App, and tap "NOTIFICATIONS", turn on the push function in the App HeroBand III.

Timer: Tap "TIMER" on the screen to use the stopwatch function. Swipe left to exit the function.

Remote camera: Tap "SHUTTER" in the App HeroBand III after connecting the watch with your phone, then you can use the watch to take a photo by clicking the "CAMERA" icon on the watch screen or shaking your watch.

Music control: Tap "PLAYER"on the screen to play/pause music when it connected with your phone. You must open the phone player before you use the feature.
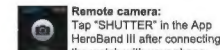
Weather conditions: Check the current temperature and weather conditions of the day, as well as tomorrow's weather forecast. NOTE: This function requires to connect the App, and turn on the GPS of the phone, allow the App to have the permission to obtain the location of the phone.
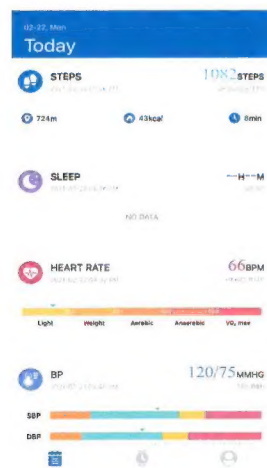
Settings: Tap "SETTINGS" on the screen, you can adjust the screen brightness/mute/ switch style/reset/power off.

04

◆ App Instructions

1. Enter the App and pull down on the main page to update the data.

Today
STEPS   1082 STEPS
724m   43kcal   8min
SLEEP   --H--M
NO DATA
HEART RATE   66 BPM
Light Weight Aerobic Anaerobic VO₂ max
BP   120/75 MMHG
SBP
DBP

2. Click the steps, sleep and other functional modules, view current or recent exercise and sleep data.

05

SLEEP
Total   7H13M
Last 7 days sleep trends
Beyond ~% people sleep early
sleep quality score   82
Beyond ~% people get up early

3. Click the exercise/heart rate/blood pressure modules to check current or recent data.

HEART RATE   66 BPM
Last 7 times trends

BLOOD PRESSURE   120/75 MMHG
Last 7 times trends

06

◆ Attention

1. Use the matching charging cable for charging.
2. This product is an electronic monitoring product, which can not be used as medical treatment. The data is for reference only.
3. Don't wear this device when bathing or swimming.

◆ FAQS

Q: How to connect with mobile phone?
1. Download HeroBandIII then turn on Bluetooth of your phone (Scan the QR code in the manual to download it). Don't connect the device in Bluetooth.
While keeping the Bluetooth on, please bind the watch in the App, Connecting the watch in the Bluetooth list directly is not available.
2. Please allow all notifications. When you turn on the App for the first time, it will search the device automatically.
Keep the fitness tracker near your phone. Select your device after it shows on the App then confirm the device. You can pull down the homepage to synchronize the data.

Q: Inaccurate measurement results
The following suggestions can make your measurement results more accurate
1. Wear the watch correctly: The wearable device must fit the wrist skin and keep the arm still during the measurement.
2. In order to make the measurement results accurate, we recommend you to measure multiple times.
3. Please fill in your personal physical information correctly, which will make the step counting function more accurate.

Q: Can not receive message notification
1. Connect the watch with app and turn to "Watch"→"Notification"

07

---

2. Choose the program you want to receive messages. For example, if you want to receive Facebook notification, turn on "Facebook" allow the notification，then down screen to sync the data.
3. Please confirm whether the message can be displayed normally in the notification bar of the phone. The watch receives messages by reading the notification bar of the phone. If there is no notification message on the phone, the watch will not receive the message.

★ More detailed questions can be answered with kalinco customer service.

✉ vip@kalinco.top   🌐 www.kalinco.top

08